



PT Enhancement Program

Yoga, What it is and How it can Help You in Your Health/Fitness Pursuits

The term Yoga means many different things to different people. It literally means "union," in India. It is known as a posturing and breathing technique to induce relaxation (http://www.healthsystem.virginia.edu/uvahealth/adult_cam/glossary.cfm).

Components of Yoga (aside from the meditation aspect) can be used to specifically improve health and fitness by inducing relaxation to help relieve stress, by improving flexibility to help prevent injury, by stimulating and massaging the internal organs to aid in healing and by strengthening tendons, joints and connective muscles to improve fitness and overall ability.

Yoga induces relaxation and helps relieve stress by allowing one to “center” oneself becoming calm, letting go of the tension that builds up within the shoulders and throughout the body.

Yoga improves flexibility which helps in the prevention of injury in that ones body is better able to move and bend in the accomplishment of all tasks.

Yoga stimulates and massages the internal organs which aids in healing in that the yoga movements makes one’s blood flow to areas of the body that don’t always get enough blood. This added blood flow, breathing and heat can greatly improve healing and health in general.

Yoga strengthens tendons, joints and connective muscles in that the movements and holds work the body so as to improve and be strengthened over time.

Sample Workout: Center, Reach High Stretch X2, (Forward Bend, Straight Back) X2, Plank, Upward Dog, Plank, Push-Up, Downward Dog, Alt Calf Stretches, Chair Pose (30 seconds), Plank, Upward Dog, Plank, Push-Up, Downward Dog, (Runners Pose, Crescent Pose) – Right Foot, Plank, Upward Dog, Plank, Push-Up, Downward Dog, (Runners Pose, Crescent Pose) – Left Foot, 3 Slow Push-Ups, Reach High Stretch, Plank, Upward Dog, Plank, Push-Up, Downward Dog, (Warrior 1, 2, Reverse Warrior, Right Angle Pose) – Right Foot, Plank, Upward Dog, Plank, Push-Up, Downward Dog, (Warrior 1, 2, Reverse Warrior, Right Angle Pose) – Left Foot, Plank, Upward Dog, Plank, Side-Arm Balance, Raise Foot – Right Side Up, 2 Slow Push-Ups, Side-Arm Balance, Raise Foot – Left Side Up, Forward Bend Stretch, Extended, Groin Stretch-Rocking, Yoga Scissors, Pull Legs in Stretch, Leg Holds (3 each side), Pull Legs in Stretch, Happy Baby, Back Rockers, Individual Hamstring Stretches, Child’s Pose.

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